

Big Hollow School District 38

MAY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 MUFFIN GRAHAM CRACKERS YOGURT DRIED CHERRIES MILK,1% Lowfat	May - 2 CINN TST CRNCH CE GRAHAM CRACKERS ORANGES APPLE JUICE MILK,1% Lowfat	May - 3 GRAHAM CRACKERS ANIMAL CRACKERS YOGURT BANANAS SUNSET JUICE MILK,1% Lowfat	May - 4 BANANA BREAD GRAHAM CRACKERS FRESH APPLES FRUITABLES MILK,1% Lowfat	May - 5 MINI BAGEL GRAHAM CRACKERS ORANGES HALVES APPLE JUICE MILK,1% Lowfat
Nutrients Target Cals... 848 170% Chol... 55 mg Sodium... 400 mg Fiber... 5.8 g Iron... 3.3 mg Calcium 646.0 mg Vit A 7825 IU Vit C 2.4 mg Sugar 17.7*g 8.3%Cal Prot 20.1g 9.5%Cal Carb 166.9g 78.7%Cal T.Fat 10.9g 11.5%Cal S.Fat 3.5g 3.8%Cal	Nutrients Target Cals... 390 100% Chol... 12 mg Sodium... 407 mg Fiber... 3.8 g Iron... 4.6 mg Calcium 521.1 mg Vit A 1527 IU Vit C 87.4 mg Sugar 44.7*g 45.9%Cal Prot 12.0g 12.3%Cal Carb 72.9g 74.7%Cal T.Fat 8.1g 18.7%Cal S.Fat 2.1g 4.8%Cal	Nutrients Target Cals... 548 110% Chol... 15 mg Sodium... 389 mg Fiber... 6.1 g Iron... 2.2 mg Calcium 660.9 mg Vit A 1554 IU Vit C 70.3 mg Sugar 49.1*g 35.9%Cal Prot 17.5g 12.8%Cal Carb 103.1g 75.3%Cal T.Fat 9.3g 15.2%Cal S.Fat 2.7g 4.4%Cal	Nutrients Target Cals... 568 114% Chol... 12 mg Sodium... 438 mg Fiber... 4.7 g Iron... 2.0 mg Calcium 489.1 mg Vit A 1616 IU Vit C 63.2 mg Sugar 49.9*g 35.1%Cal Prot 15.4g 10.8%Cal Carb 96.7g 68.1%Cal T.Fat 15.0g 23.7%Cal S.Fat 3.6g 5.6%Cal	Nutrients Target Cals... 510 102% Chol... 22 mg Sodium... 387 mg Fiber... 4.8 g Iron... 2.1 mg Calcium 461.1 mg Vit A 1227 IU Vit C 82.6 mg Sugar 48.7*g 38.2%Cal Prot 17.0g 13.3%Cal Carb 91.9g 72.0%Cal T.Fat 11.1g 19.6%Cal S.Fat 4.1g 7.2%Cal
May - 8 APPLE PASTRY GRAHAM CRACKERS FRESH APPLES ORANGE JUICE MILK,1% Lowfat	May - 9 CORN FLAKES CERE GRAHAM CRACKERS ORANGES APPLE JUICE MILK,1% Lowfat	May - 10 GRAHAM CRACKERS ANIMAL CRACKERS YOGURT BANANAS SUNSET JUICE MILK,1% Lowfat	May - 11 BREAKFAST BAR GRAHAM CRACKERS FRESH APPLES MILK,1% Lowfat	May - 12 MINI BAGEL GRAHAM CRACKERS ORANGES HALVES APPLE JUICE MILK,1% Lowfat
Nutrients Target Cals... 447 100% Chol... 17 mg Sodium... 333 mg Fiber... 4.0 g Iron... 1.7 mg Calcium 421.6 mg Vit A 1233 IU Vit C 40.6 mg Sugar 48.8*g 43.6%Cal Prot 13.2g 11.9%Cal Carb 79.4g 71.1%Cal T.Fat 10.2g 20.5%Cal S.Fat 3.1g 6.2%Cal	Nutrients Target Cals... 281 80% Chol... 12 mg Sodium... 209 mg Fiber... 2.8 g Iron... 1.1 mg Calcium 442.7 mg Vit A 1132 IU Vit C 82.6 mg Sugar 35.8*g 50.9%Cal Prot 11.0g 15.6%Cal Carb 51.1g 72.7%Cal T.Fat 5.1g 16.4%Cal S.Fat 1.6g 5.1%Cal	Nutrients Target Cals... 548 110% Chol... 15 mg Sodium... 389 mg Fiber... 6.1 g Iron... 2.2 mg Calcium 660.9 mg Vit A 1554 IU Vit C 70.3 mg Sugar 49.1*g 35.9%Cal Prot 17.5g 12.8%Cal Carb 103.1g 75.3%Cal T.Fat 9.3g 15.2%Cal S.Fat 2.7g 4.4%Cal	Nutrients Target Cals... 404 100% Chol... 12 mg Sodium... 304 mg Fiber... 8.3 g Iron... 2.8 mg Calcium 413.3 mg Vit A 1553 IU Vit C 6.3 mg Sugar 41.0*g 40.6%Cal Prot 13.6g 13.4%Cal Carb 72.2g 71.5%Cal T.Fat 8.6g 19.2%Cal S.Fat 2.6g 5.8%Cal	Nutrients Target Cals... 510 102% Chol... 22 mg Sodium... 387 mg Fiber... 4.8 g Iron... 2.1 mg Calcium 461.1 mg Vit A 1227 IU Vit C 82.6 mg Sugar 48.7*g 38.2%Cal Prot 17.0g 13.3%Cal Carb 91.9g 72.0%Cal T.Fat 11.1g 19.6%Cal S.Fat 4.1g 7.2%Cal
May - 15 BANANA BREAD GRAHAM CRACKERS FRESH APPLES FRUITABLES MILK,1% Lowfat	May - 16 CHERRIOS CEREAL GRAHAM CRACKERS ORANGES APPLE JUICE MILK,1% Lowfat	May - 17 GRAHAM CRACKERS ANIMAL CRACKERS YOGURT BANANAS SUNSET JUICE MILK,1% Lowfat	May - 18 MUFFIN GRAHAM CRACKERS YOGURT DRIED CHERRIES MILK,1% Lowfat	May - 19 BREAKFAST BAR GRAHAM CRACKERS FRESH APPLES MILK,1% Lowfat

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Big Hollow School District 38

Prim/Elem Breakfast

Apr 20, 2017

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MAY 2017

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.